



Healthy and Active Rainier Valley Coalition

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May 2007

A partnership aimed at building and strengthening the Rainier Valley by increasing the health of its residents through culturally relevant promotion of physical activity and nutrition.

For a healthy body 30 minutes of activity five days a week

Make a Move at Rainier Health and Fitness!



The only gym of its kind in SE Seattle, Rainier Health & Fitness brings a unique feel to the traditional gym atmosphere. Free personal assistance, group classes, a cycling club, "Enhanced Fitness" for 55+ (free for Group Health Members), women-only Ladies Nights and free childcare!

Free 3-day trial passes and affordable rates at only \$19 per month, scholarships & youth rates available.

Location: 7722 Rainier Ave S (Rainier Ave & Kenyon St)

Call 206-725-0279 for more information or visit the website at www.rainierhealth.com.

Rainier and Rainier Beach Community Centers

Yoga classes, aerobics, martial arts, meditation, toddler programs, childcare, camps, a weight room, basketball, badminton and more!

Check out your community centers. For more information call Rainier at (206)386-1919 or Rainier Beach at (206) 386-1944 or visit website at: www.seattle.gov/parks/centers/default.htm.



Swimming

Swimming is great for you and in your neighborhood!

The RB Pool is located on the corner of Henderson and Rainier Ave. S in the Rainier Beach Community Center.

Swim lessons, lap swimming, water aerobics and public swims are all available.

For more information call (206) 386-1944 or visit web site at: www.seattle.gov/parks/Aquatics/Pools/rainierbeach/



Favorite Walk in SE Seattle

"One morning while I was walking I saw a blue heron rise from the grassy marsh at the Genesee Meadow and fly through the morning mist towards the rising sun. This walk is 1 mile and takes about 20 minutes." Genesee Park neighbor

Link to local walking map: www.feetfirst.info/mapping/BeaconHill_Map_Side.pdf

Send your favorite walk to: diana.vinh@metrokc.gov or Steps to Health, 7300 Perimeter Rd S, Seattle, WA 98108 and we'll publish your walk. Please let us know if it's ok to print your name.

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Shop Arounds



How do you choose a healthy loaf of bread and what is the best yogurt for your money?

Four senior tour leaders are trained and ready to go.

New tour leader classes in July.

To join a grocery store education trip or to become a tour leader please contact Diana Vinh.

Latino Church Health Outreach



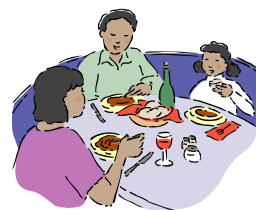
Margarita Mendoza from Steps' Community Health Specialist Program and Edgar Lopez, SeaMar REACH diabetes educator

A "Domingo Saludable" on April 30th was the next step with the church, Iglesia de la Luz, after the showing of the diabetes play "Tres Historias de la Vida" last November. Over 100 people were screened for high blood pressure

and diabetes and education was provided on exercise, nutrition and accessing health care.

Healthy Restaurants

Coming soon information on 20 local restaurants with healthy and tasty menu choices!



Upcoming Events

- **Healthy and Active Rainier Valley Coalition meetings** third Wednesday of the month at Rainier Community Center from 1-2:30 pm
- **Columbia City Farmer's Market** starts 5/2, Wednesdays from 3-7,
- **Juneteenth Celebration** 6/19 at Rainier Beach Community Center
- **Furry 5K** 6/10, Sunday, Seward Park, www.furry5k.com
- **Street Scramble** 6/22, Seward Park, www.StreetScramble.com
- **In Motion** 6/25, brochures will be mailed out to Rainier Beach residences
- **Seafair events** www.seafair.com/

Rainier Beach "In Motion"



This program aims to get people to leave their cars behind and get out walking, biking or taking the bus.

Working through local businesses community members can reduce car trips and receive bus tokens and certificates to encourage them to make healthier commuting choices.

For more information visit the website at: www.metrokc.gov/kcdot/transit/inmotion/

500 Seniors "Walk with the Mariners"



Community Health Specialist Giang Nguyen walking with friends

For more information contact Mari Becker at sound.steps@seattle.gov

Members



- Genesee Merchant's Assoc.
- AARTH Ministries
- Center for Multicultural Health Care